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THE UNKNOWN THIRD

by Robert A. Monroe

Throughout recorded history, that part of our lives we label sleep has produced much mystique and beliefs but little knowledge as to the how and why of it. Even our contemporary scientific era has made no major discoveries as to the exact structure and nature of this state of being.

What do we know? That we can't do without it. That we lose most of our physical consciousness during the process. That we regain vitality and energy as a result. These have been known for millennia, and science has done no more than verify these basics. Anything else falls in the categories of belief, speculation, and theory—but not knowns.

Dr. William Dement, leading national authority on sleep and director of the Stanford Sleep Center, reports that studies show we humans exhibit over twice as much electrical and biochemical activity during sleep compared to the waking state. He offers no detailed explanation.

However, he did put forth the premise that there are two distinct, separate parts of us. Each of us has a Day Crew, which handles our physical waking conscious activities—the part we all know well. Then, there is the second, our Night Crew, that takes charge when we sleep. According to Dr. Dement, the two are entirely different. The Night Crew has other rules, methods of communication, and activity that go beyond simple physical body restoration.

The big questions:

1. Do body repairs and maintenance alone account for such massive increase in energy expenditure?
2. Are dreams, ideas, intuition, inspiration, illness, and pain methods the Night Crew uses to communicate with the Day Crew?
3. Are meditation, hypnosis, and other altered states of Day Crew consciousness ways of communicating with and/or penetrating the Night Crew?
4. Is the experiential memory base of the Night Crew limited to that of the Day Crew, or is it far different from this particular life activity?
5. Is Night Crew energy restricted to that generated by physical matter?
6. How is the extra energy generated by the Night Crew?

COMMENT –

Questions, questions, but few consensus answers no matter how the theory is presented. The basic problem lies in the fact that we have no means of measuring any part of us that is not generated by physical matter. All we have is statistics.

Take a simple illustration. How many times during a week or year are you sitting by the phone, and you think of calling a special friend—and a few moments later, the phone rings. That person has called you, just on “impulse.”

It has taken us many years as an organization to recognize that data is the only real evidence we have in our work, except on rare occasions. Yet, from these, we “know” many amazing items about our Night Crew.

Perhaps sometime, they’ll be the same. Day and Night.

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